

Do I have the Flu & What to do...



Symptoms

Must Have:

- ✓ Fever (at least 100 degrees Fahrenheit) with cough and/or sore throat

And may have one or more of the following:

- ✓ Body Aches
- ✓ Chills
- ✓ Runny or Stuffy Nose
- ✓ Headaches
- ✓ Fatigue
- ✓ Vomiting
- ✓ Diarrhea

What to do - Avoid Contact with Others!

- ✓ Avoid touching your eyes, nose or mouth.
- ✓ Wash hands often and before/after eating or congregating such as class or parties. Use sanitizing hand gel if unable to wash hands.
- ✓ Cover your mouth and nose with a tissue when coughing or sneezing.
- ✓ If your illness is severe or are at high risk for flu complications, contact your health provider.
- ✓ Be aware that if flu becomes widespread, there may be little need for testing, so your provider may choose not to test you.
- ✓ You may be ill for a week or longer. Stay home from work for at least 7 days from onset of symptoms.
- ✓ You will need a note from your doctor to return to work.

****This information was taken from the CDC website.**

For more information, please visit
www.cdc.gov/h1n1flu/

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